

# RSHE QUESTION POSTBOX

As we have now moved on to Relationship, sex and health education (RSHE) we will have a POSTBOX in our classroom.

There will be a stack of post-it notes next to it. If at any point you have a question or something you wanted to know about linking to RSHE then please take a post-it note write your question and pop it in. You don't have to put your name on them if you don't want to.

THE TOPICS WE WILL COVER OVER THE NEXT TERM ARE:

- Hormones and puberty
- Personal and oral hygiene
- Testicular torsion
- Sanitary products and menstruation
- Laws in place to protect people
- Features of a healthy relationship
- Signs of unhealthy relationships
- Assertiveness and consent
- Online relationships – keeping safe and AI

Openness



Keep it in the room



Non-judgemental



Right to pass



**SAFE LEARNING ENVIRONMENT**

Use appropriate language



Ask questions



Make no assumptions



Seek help or advice



# Classroom Rules

Are there any others you would like to add??

# TITLE – PUBERTY AND HORMONES

## part 2

DATE:



### In today's lesson we will:

Understand the roles of sexual hormones

Discover the differences in development between males and females

We will be able to identify different PRIMARY and SECONDARY sexual characteristics that happen



TODAY'S  
BIG  
QUESTION

3 Minutes

Why do you think our bodies need hormones to act as 'messengers' during puberty?

What makes learning about puberty important, even if it can feel awkward or uncomfortable?

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Have a discussion with your partner then write your ideas down.

Be prepared to share with the rest of the class on the best ideas you agree on





# What do you know

Your opportunity to share what you know on your post-it notes, write down any of the changes you know that happen during puberty (stick the notes on the board)

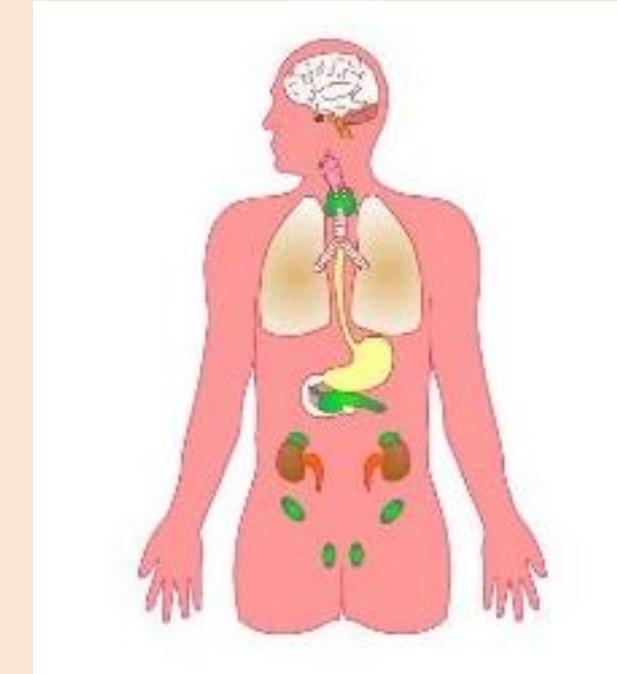
Teacher led content:

## What are hormones?

- Hormones are **chemical messengers** that travel around the body.
- They tell parts of the body **when to grow, change or develop.**



**WRITE IT DOWN**



Biology

# PUBERTY



There are two key sexual hormones

**Oestrogen (mainly in females)**

- Helps control the menstrual cycle.
- Supports breast development.
- Influences growth of hips and fat distribution.

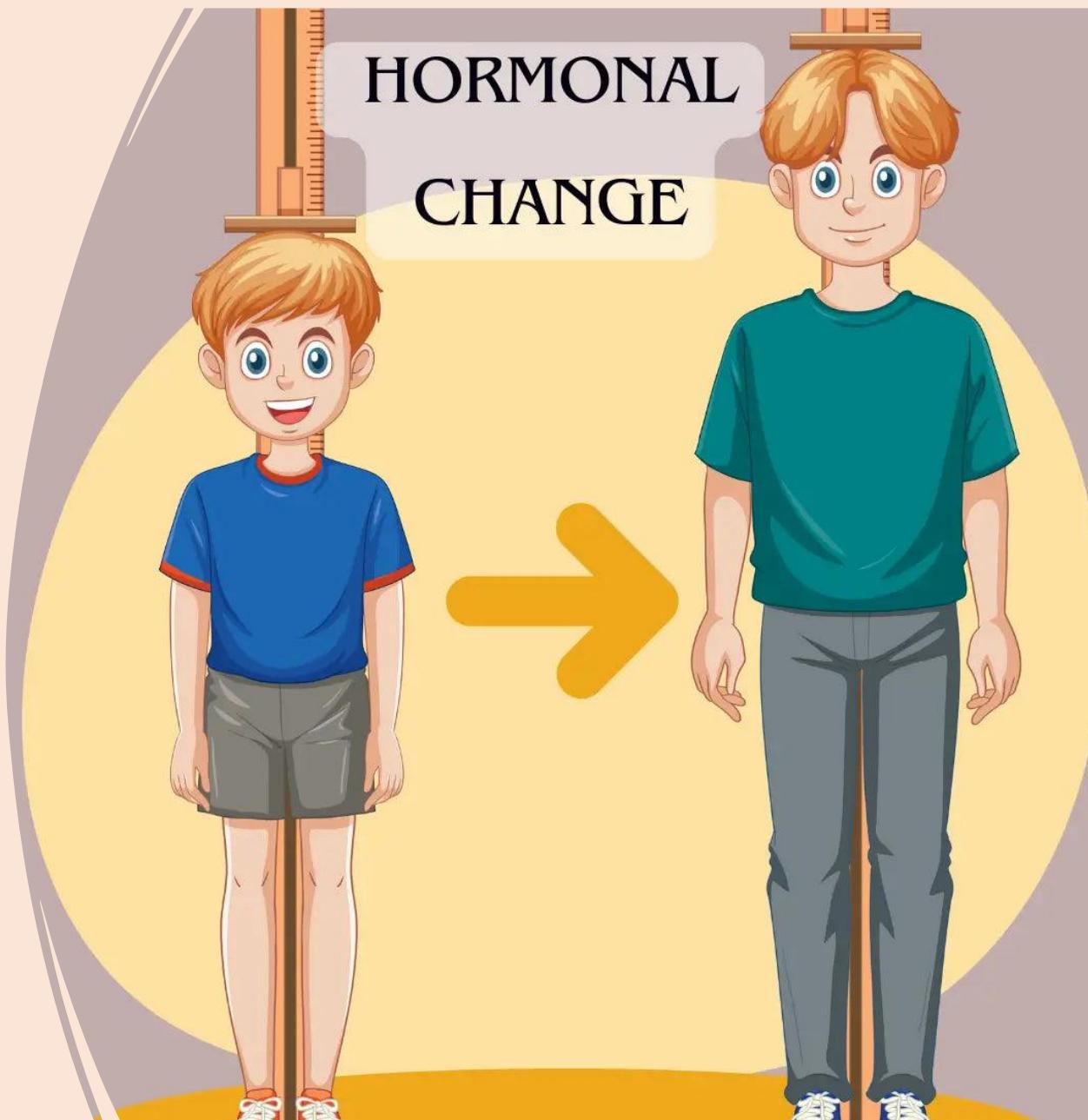
**Progesterone (mainly in females)**

- Works with oestrogen to manage the **menstrual cycle**.
- Helps prepare the **uterus (womb)** for pregnancy.
- Levels rise and fall each month, which can affect **mood and energy**.
- Becomes especially important during **pregnancy**.

**Testosterone (mainly in males)**

- Helps with muscle growth.
- Deepens the voice.
- Supports sperm production.

*Both hormones exist in all humans — just in different amounts.*



# Primary vs secondary sexual characteristics

## Primary sexual characteristics

An example of these characteristics would be:

- In females starting the menstrual cycle where their body begins to produce an egg each month.
- In males this would be that their testes begin to produce sperm.



## Secondary sexual characteristics

An example of these characteristics would be:

- Both males and females developing pubic hair and armpit hair

# Your turn...

You have a piece of text to read through which identifies the change that occur during puberty

**Task 1:** Using different coloured highlighters or pens, pick out the changes that happen to:

- Males
- Females
- Both



**Task 2:** Look at the key word table and add in an example of where the words are used within the text.

**Task 3:** Venn Diagram task

- Write the changes that happen only in males in the "Male" circle.
- Write the changes that happen only in females in the "Female" circle.
- Write the changes that happen in both males and females in the "Both" circle.

**Challenge task:**

- Using 2 different coloured highlighters, on your Venn diagram can you identify which of the changes would be considered PRIMARY CHARACTERISTICS and which would be SECONDARY CHARACTERISTICS

# Reflection plenary questions

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- 1. What is the difference between a primary and secondary sexual characteristic?**
- 2. Which hormone did you learn about today, and what does it do?**





Complete your EXIT  
TICKET questions on  
page .....

These link to the key  
knowledge you need  
to know for this block  
of work